

LIFELINES

**RIAFG NEWSLETTER 106 ROLFE STREET, CRANSTON, RI 02910
401-781-0044**

Inside This Issue

Editor's Corner

Volunteer Opportunities

Literature News

Forum Article

Al-Anon Meeting Updates

Web sites, addresses and
phone numbers

Upcoming Events

Editor's Corner

I had hesitated over the years to become involved in Al-Anon service at the state level. I had lots of reasons: I'm too busy right now; I'm an introvert; I'm not talented enough; or my life is just too overwhelming right now.

When I first came to Al-Anon, I felt I had nothing left to give. I needed the support and love of the members of the program who were so willing and able to give their time and energy to this program of recovery.

I also knew that I had a tendency to rush in and take over and bury myself and my emotions in any task. The thought of taking on additional responsibilities seemed over whelming and counterproductive. Hadn't I worked long and hard to disentangle myself from my enmeshed and unhealthy behaviors? I feared that this might also happen when taking on service positions beyond setting up, taking notes at group meetings or keeping track of the group treasury.

My Higher Power seems to have had other plans. I was asked three times about serving as the Lifelines editor. Talk about a "nudge" from my Higher Power!

One of the gifts of this program is that we are not alone and thus I am not alone in producing this newsletter. So, I need your help by contributing your ideas, experience, strength and hope to our state's Lifelines. Have you heard something at a meeting that gave you insight? How has a particular piece of Al-Anon literature helped your recovery? What has contributed to your spiritual growth in the program? Please send these to me via my email: lifelines.riafg@gmail.com. If you wish to remain anonymous, please indicate this.

A grateful member of the Al-Anon fellowship,

Elaine H., Lifelines Editor

VOLUNTEER OPPORTUNITIES

The RI AFG needs volunteers to work in the office at 106 Rolfe St., Cranston. Duties include answering the phone, picking up messages, opening and distributing orders for literature, and greeting anyone who comes to the office usually to purchase literature. **Having the office open as much as possible is an important way to carry the Al-Anon message to those in need. This is a great opportunity to do service work.** Please contact the office by phone at 401-781-0044 or email the office at office.riafg@gmail.com. In either case, leave your name, phone number and/or email address stating that you are interested in volunteering.

LITERATURE NEWS

The following Al-Anon literature is available as Ebooks:

Courage to Change (in English, French & Spanish)
 How Al-Anon Works (in English, French & Spanish)
 Many Forum Issues
 Having Had a Spiritual Awakening (in English)
 Alateen, Hope for Children of Alcoholics (in English, French & Spanish)

FORUM ARTICLE

I WON'T STOP

I came to Al-Anon to find out how to get my son to quit drinking, and I became the one who quit! I've quit yelling, quit lecturing, quit patrolling and quit blaming the alcoholic or anyone else for my lapses into unhappiness.

I have not graduated. I have not quit fretting, quit assisting financially or quit raising hope to the dangerous level of expectations.

But I'm getting better. I see relapses for what they are, and my son is trying to space them farther apart. If that means Al-Anon has influenced him, great. His business is no longer my business. Thanks to Al-Anon, I don't intend to stop quitting!

by Dan C., Indiana

(From the Forum copyright July 2017, by AFG Headquarters, Inc. Reprinted by permission of the Al-Anon Family Group Headquarters, Inc.)

Al-Anon Meeting Updates

NEEDS SUPPORT

Keep It Simple Saturdays group at Butler Hospital,
 Saturdays at 12:00 PM

NEW MEETING

First Things First, Monday Nights 7:00 PM
 VA Medical Ctr, 830 Chalkstone Ave., 5th floor, Classroom 2,
 Providence

MEETING CHANGE

A New Beginning Women's Only Group, Thursday nights, St. Paul's Episcopal Church, 2679 East Main Rd., Portsmouth, will be changing the time of its meeting to 7:00 PM as of August 3, 2017

WEB Sites, Addresses and phone numbers

RI AFG: www.riafg.org Office: 106 Rolfe St., Cranston, RI 02910
Telephone: 401-781-0044. Office hours available by calling this number.

WSO: al-anon.org. Office: 1600 Corporate Landing Parkway,
Virginia Beach, VA 23454. Telephone: 757-563-1600

UPCOMING EVENTS

Sept 15-17, 2017 34 th Annual New Hampshire Al-Anon Convention
Attitash Grand Summit Hotel, Bartlett, NH
Flyer available through the riafg.org website, 2017 events calendar.

Sept 16, 2017 AWSC All Al-Anon members are invited

Brief Al-Anon meeting from 9:45 to 10:15 AM
Meeting from 10:15 to 12:00 Noon
RI AFG State Office, 106 Rolfe St., Cranston, RI

Oct 7, 2017 Annual RI Area Workshop 9:00AM to 3:30PM

Butler Hospital, Ray Conference Center
345 Blackstone Blvd, Providence, RI

Nov 4, 2017 RI Fall Assembly Kingston Congregational Church

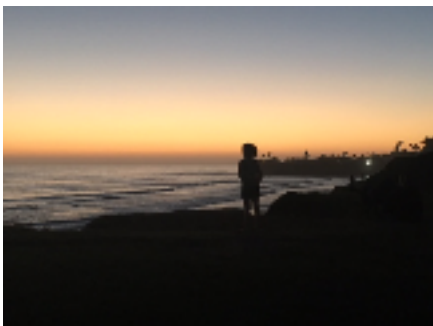
2610 Kingstown Rd, (rt 138) Kingston, RI
Registration at 9:00 AM
Meeting 10:00AM to 3:30PM

March 23-25, 2018 CT AL-ANON Convention

Raddison Hotel, Cromwell, CT
see ctalanon.org for information

July 6-8, 2018 International Al-Anon/Alateen Convention, Baltimore

Registration opens on September 1, 2017. The link will be in the
September edition of group eNews for all the details.



**God, grant me the serenity to accept the the things I
cannot change, courage to change the things I can and
wisdom to know the difference.**